

# Physical Activity Resources

If you want to...	Talk to...	Information you should know...	Benefits...
<p>Exercise at a local park or trail</p> 	<p>(Name and number of contact person for Parks &amp; Recreation Department)</p> <hr/> <hr/> <hr/> <hr/> <p>(Name and numbers of....)</p> <hr/> <hr/> <hr/> <hr/>	<p>(Names, locations, and amenities of a few popular parks)</p> <hr/> <hr/> <hr/> <hr/> <p>(Where and when local walking groups meet)</p> <hr/> <hr/> <hr/> <hr/>	<p>The whole family can exercise together!</p> 
<p>Start a Walking Program</p> 	<p>(Mall walking contact name and number)</p> <hr/> <hr/> <hr/> <hr/> <p>(Name and number of contact person for schools that allow public to use their facilities)</p> <hr/> <hr/> <hr/> <hr/> <p>(Name and number of contact person for schools that allow public to use their facilities)</p> <hr/> <hr/> <hr/> <hr/>	<p>(Mall Name and location)</p> <hr/> <hr/> <hr/> <hr/> <p>(School facilities and locations and days/hours open to the public)</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>You can walk in the mall, alone or with a group of friends, when the weather is bad.</p> <p>You can easily track your mileage by walking at a school track.</p> <p>If a group does not already walk in your community, start one yourself.</p>
<p>Exercise at an affordable gym</p> 	<p>(Name and number of contact person at...)</p> <hr/> <hr/> <hr/> <hr/> <p>(Name and number of contact person in a community gym)</p> <hr/> <hr/> <hr/> <hr/> <p>(Name and number of a contact person at a senior center)</p> <hr/> <hr/> <hr/> <hr/>	<p>(Facility locations....)</p> <hr/> <hr/> <hr/> <hr/> <p>(Regular fees and possible reduced fees)</p> <hr/> <hr/> <hr/> <hr/> <p>Activities and programs offered</p> <hr/> <hr/> <hr/> <hr/>	<p>Many facilities offer classes and equipment at low or no costs, and some gyms will lower or waive introductory membership fees.</p>

